



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09057, Boysenberries, frozen, unsweetened

Report Date: June 29, 2017 23:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 132g	1 package (10 oz) 284g
Proximates						
Water	g	85.90	3	0.274	113.39	243.96
Energy	kcal	50	--	--	66	142
Energy	kJ	209	--	--	276	594
Protein	g	1.10	3	0.052	1.45	3.12
Total lipid (fat)	g	0.26	3	0.037	0.34	0.74
Ash	g	0.54	3	0.018	0.71	1.53
Carbohydrate, by difference	g	12.19	--	--	16.09	34.62
Fiber, total dietary	g	5.3	--	--	7.0	15.1
Sugars, total	g	6.89	--	--	9.09	19.57
Minerals						
Calcium, Ca	mg	27	3	1.041	36	77
Iron, Fe	mg	0.85	3	0.076	1.12	2.41
Magnesium, Mg	mg	16	3	0.609	21	45
Phosphorus, P	mg	27	3	0.753	36	77
Potassium, K	mg	139	3	5.033	183	395
Sodium, Na	mg	1	3	0.333	1	3
Zinc, Zn	mg	0.22	3	0.009	0.29	0.62
Copper, Cu	mg	0.080	3	0.006	0.106	0.227
Manganese, Mn	mg	0.547	3	0.057	0.722	1.553
Selenium, Se	µg	0.2	--	--	0.3	0.6
Vitamins						
Vitamin C, total ascorbic acid	mg	3.1	3	0.200	4.1	8.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 132g	1 package (10 oz) 284g
Thiamin	mg	0.053	3	0.001	0.070	0.151
Riboflavin	mg	0.037	3	0.002	0.049	0.105
Niacin	mg	0.767	3	0.045	1.012	2.178
Pantothenic acid	mg	0.250	3	0.010	0.330	0.710
Vitamin B-6	mg	0.056	3	0.006	0.074	0.159
Folate, total	µg	63	3	4.063	83	179
Folic acid	µg	0	--	--	0	0
Folate, food	µg	63	3	4.063	83	179
Folate, DFE	µg	63	--	--	83	179
Choline, total	mg	10.2	--	--	13.5	29.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	3	0.406	4	9
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	40	--	--	53	114
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	67	3	8.110	88	190
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	118	--	--	156	335
Vitamin E (alpha-tocopherol)	mg	0.87	--	--	1.15	2.47
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	7.8	--	--	10.3	22.2
Lipids						
Fatty acids, total saturated	g	0.009	--	--	0.012	0.026
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, unthawed 132g	1 package (10 oz) 284g
16:0	g	0.006	--	--	0.008	0.017
18:0	g	0.001	--	--	0.001	0.003
Fatty acids, total monounsaturated	g	0.025	--	--	0.033	0.071
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.023	--	--	0.030	0.065
20:1	g	0.002	--	--	0.003	0.006
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.148	--	--	0.195	0.420
18:2 undifferentiated	g	0.098	--	--	0.129	0.278
18:3 undifferentiated	g	0.050	--	--	0.066	0.142
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0